



Peanut Butter and Jelly Cookie Bites

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



83 kcal

DESSERT

Ingredients

- ☐ 1.5 cups basic cookie mix homemade
- ☐ 0.5 cup jif® creamy peanut butter
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup peanuts finely chopped
- ☐ 0.3 cup preserves
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water

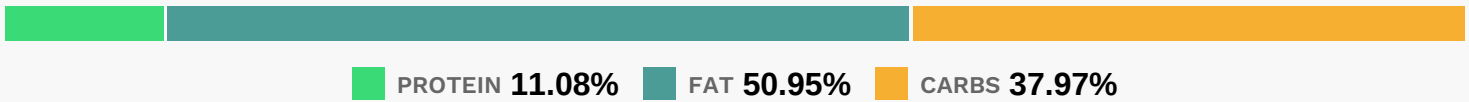
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ wooden spoon

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ Combine Homemade Cookie
- ☐ Mix*, peanut butter, egg, water and vanilla in large mixing bowl. Stir until well blended. Form into 1-inch balls.
- ☐ Roll in chopped peanuts.
- ☐ Place 2-inches apart on cookie sheet.
- ☐ Bake 8 to 10 minutes or until lightly browned. Using the rounded handle of wooden spoon, make an indentation about 1/2-inch wide in each cookie. Fill with 1/4 teaspoon jam. Cool completely on cooling rack.

Nutrition Facts



Properties

Glycemic Index:2.78, Glycemic Load:1.19, Inflammation Score:-1, Nutrition Score:2.0569565187654%

Nutrients (% of daily need)

Calories: 83.22kcal (4.16%), Fat: 4.82g (7.42%), Saturated Fat: 0.86g (5.34%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 7.35g (2.67%), Sugar: 4.67g (5.19%), Cholesterol: 6.2mg (2.07%), Sodium: 28.86mg (1.25%), Alcohol: 0.05g (100%), Alcohol %: 0.3% (100%), Protein: 2.36g (4.72%), Manganese: 0.16mg (8.07%), Vitamin B3: 1.18mg (5.9%), Magnesium: 14.46mg (3.62%), Folate: 13.55µg (3.39%), Phosphorus: 32.59mg (3.26%), Fiber: 0.74g (2.95%), Copper: 0.06mg (2.76%), Vitamin E: 0.41mg (2.75%), Vitamin B1: 0.03mg (2.23%), Vitamin B6: 0.04mg (1.76%), Potassium: 58.79mg (1.68%), Iron: 0.28mg (1.57%), Vitamin B2: 0.02mg (1.45%), Selenium: 1.01µg (1.44%), Zinc: 0.21mg (1.4%), Vitamin B5: 0.14mg (1.36%)